

HEALTH SCIENCE (HSC)

Division: Nursing and Health Sciences Division

HSC 101 Introduction to Nutrition (3 Credits)

This is a basic course of nutrition, intended to provide each student the foundation for understanding the science of nutrition, and the application of nutrition principles in daily dietary practice. An investigation of the relationship between diet and nutrition to the pathological and physiologic process of the body, as well as the benefit of food to emotional health, are the center of focus. The concepts of digestion, absorption, transport, and elimination are reviewed. Energy obtained from food, which supports ongoing activities of body tissue, and the mechanisms used to maintain energy, water and electrolyte balance are studied.

Pre-requisites: BIO 104 with a minimum grade of C or BIO 122 with a minimum grade of C

HSC 102 Nutrition Thru. the Life Cycle (3 Credits)

The study of Nutrition through the Life Cycle will enable the student to focus on nutrition during the periods of rapid growth and body changes from pregnancy and lactation to the older adult. Nutrition requirements and meal planning for the mother, infant, toddlers, preschool, school-aged child, adolescent, young middle and older are explored. Physical growth and psychosocial development for each stage are examined using Erick Erickson's theory of human development. Select eating problems and other nutrition-related conditions are examined.

Pre-requisites: BIO 104 with a minimum grade of C or BIO 122 with a minimum grade of C

HSC 109 Medical Terminology (3 Credits)

A survey of medical science designed to foster mastery of medical terminology to ensure its accurate and appropriate use in the allied health fields is presented in this course. Medical vocabulary is emphasized and a general discussion of human anatomy and physiology is provided. Disease, diagnosis and treatment procedures are also covered.

Pre-requisites: ((Companion Essay with a score of 06 or Companion Essay with a score of 07 or Write Placer Essay with a score of 04 or Write Placer Essay with a score of 05 or Write Placer Essay with a score of 06) and (Companion Reading Comprehensio with a score of 079 or Reading (Next-Gen) with a score of 237 or RDG 096 with a minimum grade of C) and (ENG 096 with a minimum grade of C or ENG 098 with a minimum grade of C or Move Up English 096 with a score of P or ENG 096 Summer Bridge with a score of P) or ESL 063 with a minimum grade of C) or Companion Essay with a score of 08 or Write Placer Essay with a score of 07 or Write Placer Essay with a score of 08 or TRANSFERRED ENG 101 with a score of 889 or Elig. for Eng 101 with a score of 904 or Pre-reg. Eng 101 waiver only with a score of 906 or SAT/ACT Elig for Eng 101 with a score of 993 or TRANSFERRED ENG 102 with a score of 998) or COLLEGE DEGREE with a score of 988 or SAT/ACT Elig Eng101 Mth100 with a score of 995 or Transf. Eng 101 Mth 100 with a score of 999

HSC 151 Massage Theory & Prac. I (4 Credits)

This course is designed to be an introduction to the study of the field of massage therapy. Students will be presented with the history of massage, the definition of massage and the theory of how and why it works. The course will also present the benefits of massage, basics of massage equipment, health, hygiene, and sanitation associated with massage, and the indications and contraindications of massage. Clinical emphasis of this course will focus on basic massage training using the Swedish Massage method, and will include hands-on demonstration and practice of traditional Swedish Massage techniques, learning to complete a full-body massage in the 30 minute and 60 minute time frame, as well as an introduction to On-Site Chair Massage and pregnancy massage.

HSC 152 Massage Theory & Prac. II (2 Credits)

A continuing education in the study of massage therapy. This course intends to begin to extend the student's knowledge of massage beyond the classical Swedish movement of Per Henrik Ling into more advanced medical massage techniques. Students will take an intense study of Myology as they are simultaneously introduced to My fascial Release and Neuromuscular/Trigger Point therapies. They will learn the history, theory, and practical use of these methods as adjuncts to their already acquired skills in Swedish massage.

Pre-requisites: HSC 151 with a minimum grade of C

HSC 153 Massage Theory & Prac. III (4 Credits)

A continuing education in the study of massage therapy. This course intends to extend further the student's knowledge of massage therapy. Students will be introduced to sports massage and reflexology. They will learn the history, theory, and practical use of these methods as adjuncts to their already acquired skills in Swedish massage. Students will be exposed to the Essex County Colleges sports teams, providing treatment for the various intercollegiate athletes (track, soccer, and basketball). Students will also provide reflexology services to outside clients through the program's on-campus clinic.

Pre-requisites: HSC 152 with a minimum grade of C

HSC 155 Prof. Deve. in Massage Ther. I (2 Credits)

This course is designed to orient the student to the role of Professional Massage Therapy within the health care environment and general community. Topics covered will include ethics, boundaries, creating a professional and safe environment, sex, touch, intimacy, and regulations at the state and national levels. The goal of this course is to develop a comprehensive understanding of professional behavior and career development in the field of massage therapy in order to comply with state and national regulations, to best serve all clients, and to find fulfillment in the field of massage therapy.

Pre-requisites: (((Companion Arithmetic with a score of 069 and Companion Elementary Algebra with a score of 048) or Arithmetic (Next-Gen) with a score of 260 or Bilingual Computation with a score of 20 or MTH 086 with a minimum grade of C or AFM 083 with a minimum grade of C or Move Up Math 086 with a score of P or MTH 086 Summer Bridge with a score of P or Move Up Math 092 with a score of P or MTH 092 Summer Bridge with a score of P or TRANSFERRED COLLEGE LEVEL MATH with a score of 898 or Elig. for Math 100,101,103 with a score of 905 or Pre-reg. COLG math waiver only with a score of 908 or SAT/ACT Elig for Mth 100 with a score of 994) and (((Companion Essay with a score of 06 or Companion Essay with a score of 07 or Write Placer Essay with a score of 04 or Write Placer Essay with a score of 05 or Write Placer Essay with a score of 06) and (Companion Reading Comprehensio with a score of 079 or Reading (Next-Gen) with a score of 237 or RDG 096 with a minimum grade of C) and (ENG 096 with a minimum grade of C or ENG 098 with a minimum grade of C or Move Up English 096 with a score of P or ENG 096 Summer Bridge with a score of P) or ESL 063 with a minimum grade of C) or Companion Essay with a score of 08 or Write Placer Essay with a score of 07 or Write Placer Essay with a score of 08 or TRANSFERRED ENG 101 with a score of 889 or Elig. for Eng 101 with a score of 904 or Pre-reg. Eng 101 waiver only with a score of 906 or SAT/ACT Elig for Eng 101 with a score of 993 or TRANSFERRED ENG 102 with a score of 998)) or COLLEGE DEGREE with a score of 988 or SAT/ACT Elig Eng101 Mth100 with a score of 995 or Transf. Eng 101 Mth 100 with a score of 999)

HSC 156 Prof. Dev. Mass. Therapy II (3 Credits)

This course is designed to further the student's understanding of Professional Massage Therapy within the health care environment and general community. The emphasis of this course will be placed on developing internal and external business and healthcare practices. Topics covered will include the business plan, ethics, creating a professional and safe environment, documentation, report writing, SOAP charting, the role of the massage therapist as an integrated member of the healthcare team, and regulations at the state and national levels.

Pre-requisites: HSC 155 with a minimum grade of C

HSC 160 Massage Ther. Practicum I (2 Credits)

During the semester, the student will work in the student clinic at Essex County College applying basic skills in hands-on work with members of the College community. The students and instructor meet as needed to discuss the experience and remedy any difficulties encountered. The instructor will be present during all clinic sessions for supervision and further instruction in techniques. Students will be randomly evaluated by the instructor and may receive evaluations from the clients who receive their services.

Pre-requisites: HSC 151 with a minimum grade of C

HSC 161 Massage Ther. Practicum II (3 Credits)

During the semester, the student works in the student clinic at Essex County College applying basic skills, while incorporating advanced techniques learned throughout the program: Swedish, Myofascial Release, Neuromuscular/Trigger Point, Reflexology, and Sports. As a carry-over from the HSC 160 experience, students will have the opportunity to work with members of the College community, the surrounding community, and credit will be given for independent supervised work within the students own community. The students and instructor meet as needed to discuss the experience and remedy any difficulties encountered. Students will be randomly evaluated by the instructor and may receive evaluations from the clients who receive their services.

Pre-requisites: HSC 151 with a minimum grade of C and HSC 160 with a minimum grade of C

HSC 165 Self-Care for the Massage Ther (1 Credit)

This course designed to orient the student to techniques and activities to prevent repetitive strain injuries, promote a balanced lifestyle, and improve overall wellness. Many self-care techniques will be presented including joint and muscle-specific exercises, breathing techniques for stress relief, and visualization/affirmations for career success. Body mechanics and body awareness activities will be emphasized through the introduction of Tai Chi, yoga, and nutrition. The course will study the relationship of posture and body mechanics to pain and injury for the therapist.

Pre-requisites: (((Companion Arithmetic with a score of 069 and Companion Elementary Algebra with a score of 048) or Arithmetic (Next-Gen) with a score of 260 or Bilingual Computation with a score of 20 or MTH 086 with a minimum grade of C or AFM 083 with a minimum grade of C or Move Up Math 086 with a score of P or MTH 086 Summer Bridge with a score of P or Move Up Math 092 with a score of P or MTH 092 Summer Bridge with a score of P or TRANSFERRED COLLEGE LEVEL MATH with a score of 898 or Elig. for Math 100,101,103 with a score of 905 or Pre-reg. COLG math waiver only with a score of 908 or SAT/ACT Elig for Mth 100 with a score of 994) and (((Companion Essay with a score of 06 or Companion Essay with a score of 07 or Write Placer Essay with a score of 04 or Write Placer Essay with a score of 05 or Write Placer Essay with a score of 06) and (Companion Reading Comprehensio with a score of 079 or Reading (Next-Gen) with a score of 237 or RDG 096 with a minimum grade of C) and (ENG 096 with a minimum grade of C or ENG 098 with a minimum grade of C or Move Up English 096 with a score of P or ENG 096 Summer Bridge with a score of P) or ESL 063 with a minimum grade of C) or Companion Essay with a score of 08 or Write Placer Essay with a score of 07 or Write Placer Essay with a score of 08 or TRANSFERRED ENG 101 with a score of 889 or Pre-reg. Eng 101 waiver only with a score of 906 or SAT/ACT Elig for Eng 101 with a score of 993 or TRANSFERRED ENG 102 with a score of 998)) or COLLEGE DEGREE with a score of 988 or SAT/ACT Elig Eng101 Mth100 with a score of 995 or Transf. Eng 101 Mth 100 with a score of 999)